




July 2018

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
Lemon Pepper Fish Sweet Potato 1 Corn 1 Strawberries 1 Angel Food Cake 1	Chicken Patty Pea Salad 1 Fresh Spinach Salad Watermelon .5 Extra Lunch for July 4	 Holiday CLOSED	Hot Turkey Sandwich Mashed Potatoes 1 Asparagus Fruit & Cottage Cheese	Tuna Salad Sandwich 2 Coleslaw .5 Banana 2 Lemon Bar 1.5
9	10	11	12	13
Taco Salad .5 Salsa Fiesta Corn Salad 1 Peaches 1 Pudding 1.5	Scalloped Potatoes 1.5 w/Turkey Ham California Blend Vegetables Melon 1 Banana Bar 1	COOK'S CHOICE Breakfast Casserole Hashbrown Casserole Tomatoes Orange Cinnamon Roll	Macaroni and Cheese 1 Broccoli Normandy Tropical Fruit 1 Pink Lady Salad 1.5	Sloppy Joe on Bun 2 Peas 1 Potato Chips Spiced Apples 1 Mandarin Oranges in Gelatin 1
16	17	18	19	20
Tuna Casserole 1 Creamed Peas/Carrots 1 1/2 Banana 1 Cranberry Cake 2	Cheeseburger Casserole 1 Lima Beans 1 Creamy Fruit Salad 1.5 Blueberry Pudding Dessert 2	Beef Patty & Brown Gravy Mashed Potatoes 1 Zucchini & Tomatoes Cinnamon Applesauce 1 Cake 1.5 & Ice Cream 1 BIRTHDAY DAY	Turkey Salad on Wheat 1 Tomato/Lettuce garnish Broccoli Cheese Soup .5 Pasta Salad 1 Peaches 1	Pork & Potatoes 1.5 Spinach Whole Wheat Dinner Roll 1 Melon 1 Cookie 1
23	24	25	26	27
Hot Dog on Bun 2 Tater Tots 1.5 Coleslaw 1  Strawberries 1 Ice Cream 1	Beef Patty Broccoli Scalloped Potatoes 1 Tropical Fruit 1 Grapes 1 Extra Lunch for July 25	RAGBRAI in NEWTON CLOSED	COOK'S CHOICE Fruited Chicken Salad on Bed of Lettuce Fruit Pickled Beets Roll	Crispy Fish Sandwich 2 Asparagus Three Bean Salad 1 Spiced Apricots 1 Pineapple Nut Delight 1.5
30 (Cook's Choice)	31		TO RESERVE OR CANCEL A MEAL CALL 641-792-7102 Toll Free 1-866-942-7102	
Potato Bar W/Ham & Cheese Broccoli Orange Ice Cream	Beef Stroganoff & Noodles 1 Brussels Sprouts w/Cheese .5 Whipped Fruit Salad 2 Caramel Apple Crisp 1.5			

*Salt shaker indicates meals that are above 800 mg of sodium.

*Milk offered with all meals. All meals meet 1/3 of the Recommended Dietary Allowances (RDA) for older adults. The number by the meal represents the carbohydrate choice count. One carbohydrate is 15 grams which equals 1 choice.


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